

## **NOVEMBER 2001**

### **CONTENTS**

November FCE Calendar  
FCE News

Fabric Care Update.....	2
How Do I Prevent or Reverse Insulin Resistance?.....	2
Turkey Trivia Game.....	3
Traditional Thanksgiving Tips.....	4
Answers to Turkey Trivia Game.....	5
Land O'Lakes Holiday Bakeline Encourages People to Preserve Treasured Family Recipes.....	7
Swallow Pills Safely.....	7
Gardener's Corner.....	8
Beef Skillet Fiesta.....	10
Mashed Sweet Potatoes.....	10
Ice Cream Pumpkin Pie.....	10
Cranberry Fruit Dressing.....	11
Cinnamon Nut Baked Apples With Maple Glaze.....	11
Green Chili Turkey Enchiladas.....	11

### **Fabric Care Update**

Do you have fabrics that are clean but have an unpleasant odor, such as from cigarette smoke or cooking fumes? New spray-on **fabric refreshers** can come to the rescue. They're particularly useful for hard-to-wash fabrics and soft surfaces, such as carpets, upholstery, curtains and canvas totes and shoes. Instead of covering up odors, these products actually neutralize them. Before using, read and follow product label directions. Spray evenly on the fabric until it is slightly damp. As the fabric dries, the odor will fade away. For heavier fabrics or strong odors, a second application may be required.

**Wrinkle-releasing sprays** relax and smooth fabrics to help remove wrinkles—without an iron. For today's casual looks, the end result is ideal. And if used with an iron, you'll discover that your clothes have never looked crisper! Before using, always read and follow the product label directions. Spray in a sweeping motion until the garment is slightly damp. Tug and smooth away wrinkles, then hang to dry. Some laundry detergents and fabric conditioners now have built-in, wrinkle-releasing properties, too. Check the label.

Today's **detergent tablets** take the measuring factor completely out of the equation. These handy, solid tablets are portable, light, and dribble-free. Before using, always read and follow the product label directions for the amount to use. For several products, the recommended amount is two tablets. You should most always add an additional tablet for heavily soiled garments or large loads. Add tablets to

the wash water *before* you put in the clothes.

Family and Consumer  
Sciences Hotline – October  
2001

### **How Do I Prevent or Reverse Insulin Resistance?**

Insulin resistance is primarily the result of increased body fat stores. A sedentary lifestyle combined with the intake of rich, processed foods that are low in fiber and have a high calorie density often leads to increased body fat stores. The most important thing you can do to reverse or prevent insulin resistance is to lose excess body fat.

#### **What is the best way to lose excess body fat?**

Exercise regularly and eat a healthy diet. Successful long-term weight control is usually associated with changes in diet and exercise. Here are three sure-fire ways to lose excess body fat:

##### **1. Exercise regularly.**

Regular aerobic exercise has been shown to reduce insulin resistance and help prevent Type 2 DM. Follow the American College of Sports Medicine guidelines of accumulating 30 minutes of moderate activity on most days of the week. Be sure to include resistance exercises such as weight lifting, using exercise bands, or calisthenics to increase muscle mass.

##### **2. Eat a high-fiber, whole-food diet.**

Your diet should be high in fiber and low in fat. Eating more fruits, vegetables,

whole grains and legumes is the best way to fill you up, not out. Here is an example of an optimal day:

- Breakfast: 1 cup cooked oatmeal, 1 cup skim milk, 1 fresh orange or grapefruit
- Snack: 1 apple and 1 cup carrot sticks
- Lunch: 3 cups large salad, 1 cup split pea soup, 1 slice of 100% whole wheat toast
- Dinner: 3 oz baked salmon, 1 cup of brown rice pilaf, 1 cup steamed vegetables, 2 cups salad with nonfat dressing
- Dessert: 1 cup light nonfat yogurt, ½ cup fruit, 1 Tbsp sliced toasted almonds

### **3. Limit or avoid calorie-dense, low-fiber foods:**

- Sugar and sugary foods
- Refined carbohydrates like white bread, bagels, biscuits and croissants
- Fried foods
- Whole dairy products
- Fatty meats
- Refined oils

Communicating Food for Health – 10/01

### **Turkey Trivia Game**

Turkey Trivia, Tidbits and Teasers. Yep, it's everything you ever wanted to know about our favorite fowl but were afraid to ask. Test your knowledge with the TURKEY TRIVIA GAME.

#### **1: Which great American statesman thought the turkey was SO American that we NEVER should have chosen the eagle as our national symbol?**

Nathan Hale  
Benjamin Franklin  
Abraham Lincoln  
Thomas Jefferson

#### **2: Who proclaimed Thanksgiving a national holiday?**

Abraham Lincoln  
John Adams  
George Washington  
Rutherford B. Hayes

#### **3: What is the fleshy growth from the base of the beak that is very long on male turkeys and hangs down over the beak?**

snood  
gorp  
hackle  
grizzard

#### **4: Turkey eggs are twice as large as chicken eggs, but what color are they?**

White with Brown speckles  
Brown  
Tan with Brown speckles  
White

#### **5: What percentage of American homes eat turkey on Thanksgiving?**

95%  
90%  
85%  
50%

#### **6: Which state produces the most turkeys?**

California  
Montana  
South Carolina  
North Carolina

#### **7: How many pounds of turkey do Americans eat on Thanksgiving?**

35 million  
135 million

535 million  
735 million

### **8: Can turkeys fly?**

yes  
no

### **9: What famous historical figure received turkeys as an article of tribute?**

Caesar  
Cortez  
Montezuma  
Columbus

### **10: How long have turkeys existed?**

1 million years  
10 million years  
20 million years  
50 million years

Butterball – 10/01

### **Traditional Thanksgiving Tips**

Thanksgiving is an American holiday classic, seemingly untouched by time. While we may not go “over the river and through the woods to Grandma’s house,” Thanksgiving is still the occasion to gather with family and friends to give thanks for our freedoms and the bounty of American life. This year we will also pay tribute to the brave heroes who have given so much during the past few months. We have been reminded that the ideals of democracy and freedom celebrated at the first Thanksgiving feast are the basis of a strong and enduring foundation for our great country.

Since that first American Thanksgiving, pilgrims gathered for a feast celebrated

with turkey and it has been a centerpiece of the Thanksgiving celebrations ever since. When you serve turkey at Thanksgiving, you are sustaining an American tradition passed on through the ages. By preparing a traditional Thanksgiving feast, you preserve the holiday tradition for future generations.

If you are an experienced professional at preparing the classic Thanksgiving feast, you know it is surprisingly easy for the wonderful results. The meal preparation requires advance planning and organization. To an inexperienced cook, the thought of being in charge of the entire Thanksgiving meal can be intimidating. Younger home chefs may not have had the opportunity to perfect their cooking skills.

One way to assist the inexperienced cooks is to invite them to join you as you prepare the traditional family feast. They will gain valuable experience and skills plus loving memories of the occasion.

We offer several turkey preparation tips:

### **How much turkey should be purchased?**

- Allow one pound of uncooked turkey per person from an 8 to 12 pound turkey. Larger birds have a larger proportion of meat to bones, so  $\frac{3}{4}$  pound per person should be sufficient with leftovers for the beloved turkey sandwich or soup.
- By purchasing a larger turkey than needed for the holiday feast, you can transform holiday extras into timesaving meals. Freeze the extra cooked turkey and you’ll have your own “ready-to-prepare” healthy food for quick and easy post-holiday meals. The National Turkey

Federation database offers dozens of recipes for cooked turkey. Check the variety of cooked turkey recipes for entrees, salads, appetizers, sandwiches and soups at [www.eatturkey.com](http://www.eatturkey.com).

### **How should the turkey be thawed?**

- Frozen turkey, like all protein foods, should be thawed in the refrigerator, never at room temperature. When foods are thawed at room temperature, surface bacteria can rapidly multiply to dangerous levels at temperatures of 40 degrees F and above.

For safety and superior quality, leave turkey in the original packaging and place in a shallow pan. Thaw, in the refrigerator, using the simple formula: whole turkey's thaw at a rate of five pounds per 24 hours. Example: A 15-pound frozen bird will take 3 full days to thaw in the refrigerator.

- To speed thawing, keep turkey in the original tightly sealed bag and place in a clean and sanitized sink or foodservice safe pan. Submerge in cold water and change the cold water every 30 minutes. The turkey will take about 30 minutes per pound to thaw.

Refrigerate (at 40 degrees F or below) or cook the turkey when it is thawed. Do not refreeze uncooked, defrosted turkey.

### **What are the key pointers for stuffing a turkey?**

- Stuffing should be prepared and stuffed into the turkey immediately before it is placed in the oven for roasting. If preparing the stuffing ahead-of-time, wet and dry ingredients should be refrigerated separately and

combined right before stuffing the turkey.

- Stuff the turkey loosely, about  $\frac{3}{4}$  cup of stuffing per pound of turkey.

- Test the internal temperature of the stuffing as well as the turkey. The internal temperature in the center of the stuffing should register 160 to 165 degrees F.

### **When is the turkey done?**

Since turkey is low in fat and high in protein, the meat is sensitive to extreme heat and prolonged cooking. Loosely place an aluminum foil tent over the turkey breast during the first 1 to 1½ hours of roasting, then remove to allow the turkey to brown.

A turkey should be cooked just until it is done. The best way to determine the level of doneness is with a food thermometer. Use these tests to determine the level of doneness and to keep the turkey juicy.

- For whole turkey, place the food thermometer in the deepest part of the thigh, but not touching the bone. The internal temperature of the turkey should measure 180 degrees F in the thigh and 170 degrees F in the breast.

- Juices should run clear and the drumsticks should be soft and move easily at the joint.

Eatturkey.com – 10/01

### **Answers To Turkey Trivia Game**

**1: Which great American statesman thought the turkey was so American that we NEVER should**

## have chosen the eagle as our national symbol?

(You answered: Franklin)

**Benjamin Franklin** was the great American statesman who thought the turkey was so American that we NEVER should have chosen the eagle as our national symbol. He thought the eagle was a bit shifty and dishonest, and therefore, we should have chosen the true American bird, the turkey.

## 2: Who proclaimed Thanksgiving a national holiday?

(You answered: Lincoln)

**President Lincoln** made Thanksgiving a national holiday in 1863.

## 3: What is the fleshy growth from the base of the beak that is very long on male turkeys and hangs down over the beak?

(You answered: snood)

**The snood** is the fleshy growth from the base of the beak that is very long on male turkeys and hangs down over the beak.

The wattle is the red-pink fleshy covering of the throat and neck of the turkey. And the comb is the red-pink fleshy tissue covering the top of the head. There is no such thing as a grizzard.

## 4: Turkey eggs are twice as large as chicken eggs, but what color are they?

(You answered: Tan and Brown)

**Pale creamy tan with brown speckles**, turkey eggs are twice as large as chicken eggs. They hatch in 28 days.

## 5: What percentage of American homes eat turkey on Thanksgiving?

(You answered: 90)

**90%** of American homes eat turkey on Thanksgiving; 50% eat turkey on Christmas.

## 6: Which state produces the most turkeys?

(You answered: NC)

**North Carolina** produces 61 million turkeys annually, more than any other state. Minnesota and Arkansas are numbers two and three.

## 7: How many pounds of turkey do Americans eat on Thanksgiving?

(You answered: 35)

Americans feast on **535 million** pounds of turkey on Thanksgiving!

## 8: Can turkeys fly?

(You answered: Yes)

Trick Question: **Both yes and no** are correct. Domesticated turkey's can't fly, but wild one can fly for distances up to 55 miles!

## 9: What famous historical figure received turkeys as an article of tribute?

(You answered: Montezuma)

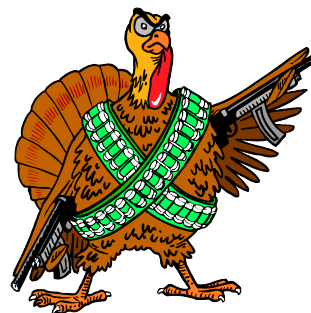
**Montezuma** received 365,000 turkeys per year from his subjects.

## 10: How long have turkeys existed?

(You answered: 20)

Our favorite fowl has been around for **10 million years**.

Butterball.com  
10/01



**Land O'Lakes Holiday Bakeline  
Encourages People To Preserve  
Treasured Family Recipes**

***Survey Reports Nearly Half of  
Respondents Have Not Recorded  
Family Recipes***

Arden Hills, Minn., Oct. 2001 -The Land O'Lakes Holiday Bakeline is encouraging people everywhere to preserve treasured family recipes. In a recent survey, Land O'Lakes found that nearly half of the people surveyed have not written down their favorite family recipe, and over half wish they could go back in time to do it.

"Every year, Bakeline operators are asked to help callers recreate their grandmother's ginger snaps or their aunt's pumpkin pie," said Lydia Botham, director of the Land O'Lakes Test Kitchens. "This year, we're encouraging people to use this holiday to sit down with their grandmother, their aunt, their friend or their mother and write down those treasured recipes. To make it easy, we're including a blank tear-off recipe card in our free holiday recipe leaflet and we've added a downloadable recipe card on our Web site."

To support preserving family recipes, celebrities including "Live With Regis and Kelly!" star, Kelly Ripa; singer Sarah McLachlan; "Frasier's" Peri Gilpin; "7<sup>th</sup> Heaven's" Catherine Hicks; country singer Naomi Judd; "Everybody Loves Raymond's" Doris Roberts; singer Amy Grant; and chef Dom DeLuise are sharing their favorite holiday recipes. Beginning Nov. 1, when Holiday Bakeline kicks off its 12<sup>th</sup> season, the celebrities' recipes will be available on the Land O'Lakes Holiday Bakeline Web site, [www.landolakes.com](http://www.landolakes.com).

**Baking Help By Phone and Online**

Baking experts at the Land O'Lakes Holiday Bakeline, **1-800-782-9606**, are available by phone to answer baking questions and provide recipes to consumers. The Land O'Lakes Holiday Bakeline is open 11 hours a day (8 a.m. - 7 p.m. CST), seven days a week, from November 1 through December 24. Or visit with baking experts live, on-line for one-on-one help at [www.landolakes.com](http://www.landolakes.com).

**Swallow Pills Safely**

Many nutrition supplements, especially calcium pills, bone formulas and multivitamins, are large and difficult to swallow. In an effort to make them go down more easily, many people tilt their heads back when they swallow. But this can actually be dangerous, say experts, because tilting your head back opens the trachea (windpipe), making it all the more likely for the pill to go down the wrong pipe, blocking your breathing and causing you to choke.

A safer way is to remain upright and relaxed with your head straight ahead. Wet your throat with water first; this moves the epiglottis, a piece of cartilage at the back of your throat, so it will keep food from entering your trachea. Place the pill on your tongue and swallow with water without tilting your head back. The water will float the pill down your throat.

Or, try the following:

- Split pills in half. (Check with your doctor or pharmacist first, as some pills should not be divided.)
- Empty out capsules or crush the pills (moisten with a few drops of water)

to ease crushing), then add to apple-sauce and eat. (Do not do this with a slow-release or enteric-coated pill.)

- Swallow only one pill at a time. Trying to save time by swallowing a handful of pills is not safe.

Environmental Nutrition  
9/01

### **Gardener's Corner**

#### **Sign Up Time for the Master Gardener Class of 2002**

It's almost that time again – time to take applications for the upcoming Master Gardener class, make selections and get ready for the course. Application forms and an informational pamphlet will be available beginning Nov. 1. Interested persons can obtain a form at the South Service Center, at the Milton Extension office or at the Jay Extension office. Anyone interested can also have the form mailed to them by calling the Milton office (623-3868). For the first time this year, information about the program is available on the county's web site at [www.co.santa-rosa.fl.us](http://www.co.santa-rosa.fl.us). The application form can also be downloaded from the site. We are asking that all completed applications be postmarked or delivered to the Milton office by November 30<sup>th</sup>.

#### **Another Interesting Web Site**

Check out the Ohio State University PLANT facts web site at <http://plantfacts.osu.edu/>. This site contains a comprehensive fact sheet database and a good university search engine.

### **November Tips**

- Prepare to move potted tropical and subtropical plants inside. Cold sensitive patio plants like Schefflera and Philodendrons should not be exposed to 40-degree nights.
- This is a good time to apply horticultural oil to shrubs. This is a relatively nontoxic way of controlling scales, mites and other overwintering pests.
- Avoid heavy pruning jobs this late in the year. If there are shrubs that require the "big cut" in order to rejuvenate them, wait until late winter.
- This is one of the most ideal times for transplanting trees and shrubs.
- Cool season vegetables can be established now including beets, broccoli, Brussels sprouts, cabbage, carrots, Chinese cabbage, collards, kale, kohlrabi, leek, mustard, onions, parsley, radish, spinach and strawberries.
- Harvest gourds, butternut squash, pumpkins and other cucurbits as the vines begin to die. Clip, don't break, about 2 inches of stem with each fruit.
- In dry weather, water the lawn to keep it healthy during the winter.

### **Fall Gardening Tips**

- **Lawn Care:** Fall is often our driest season. Continue to irrigate the lawn as needed. Mowing should continue until the lawn is completely dormant. Late October is the time to overseed with ryegrass for winter cover. Any late fertilization should be done with a fertilizer which is low in nitrogen and high in potassium.
- **Wildflowers:** Plant seeds of wildflowers in November. Choose



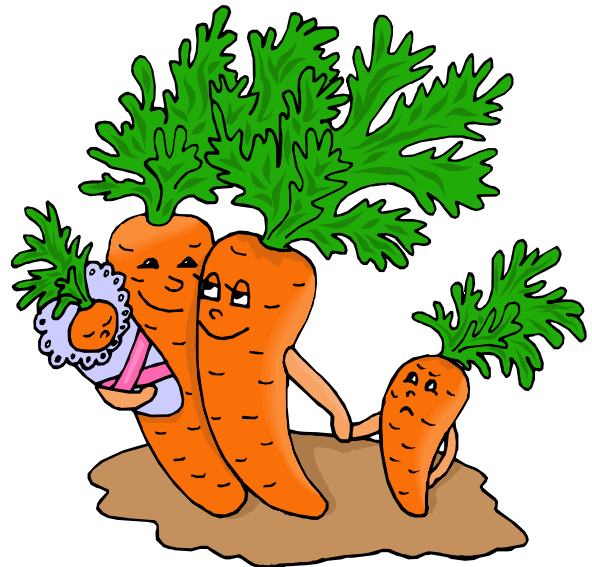
the species best suited to the area or a "Southern Mixture" of several species.

- **Perennials:** Divide clumping type perennials such as liriopse, daylilies and Ajuga.
- **Dormant Spray:** Check for scale insects such as tea scale on the undersides of camellia and holly leaves. Also examine peach, plum and nectarine branches. White peach scale, if present, should be controlled. An application of oil emulsion spray is a relatively safe material that when properly applied, will control adult overwintering scales.
- **Bulbs:** Certain bulbs such as tulip, hyacinth, and narcissus do not receive enough natural cooling under our conditions. Place fresh bulbs in the bottom of a refrigerator (no fresh fruit should be present) for 60 to 90 days before planting.
- **Trees and Shrubs:**
  - Because of our relatively warm soil temperatures, root growth continues to occur. Fall planted trees and shrubs would therefore be well on their way toward complete establishment before summer heat arrives.
  - Collect and store, or stick, hardwood cuttings from deciduous shrubs such as crapemyrtle, hibiscus, althea and forsythia.
- **Annuals:** Plant cool season flowers such as pansy, dianthus, statice, petunia, snapdragons and delphinium.

- **Vegetables:** Several cool season vegetables can be started from seed and/or plants in the fall including beets, broccoli, cabbage, carrots, Chinese cabbage, collards, kohlrabi, onions, radish, mustard, spinach and turnips.

- Observe the color change this fall. It is better than normal because of early cool periods this year. Plan to add some of the trees and shrubs that can provide fall color to your landscape. Some which could be considered are red maple, sweet gum, shumard oak, black gum, Bradford pear and dogwood.

Dan Mullins  
Horticulture Agent



## **Recipes**

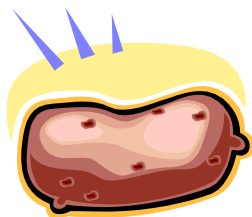
### **Beef Skillet Fiesta**

- 1 lb. ground chuck
- 1 Tbsp. salad oil
- ¼ c. onion
- 2 tsp. salt
- 1 tsp. chili powder
- 1 1/3 c. instant rice
- 1 can (1 lb.) tomatoes
- 1 can (12 oz.) corn
- 1 ¼ c. bouillon  
or use 1 bouillon cube and  
1 ¼ c. water
- ½ c. thin strip bell pepper

Brown meat and onion, add seasonings, tomato, corn and bouillon, bring to a boil.

Stir in bell pepper, boil again. Stir in rice, remove from heat, cover and let stand 5 minutes. Fluff with a fork. Makes 4 servings.

Charolette Collum  
Milton FCE Club



### **Mashed Sweet Potatoes**

#### **Ingredients:**

- 4 medium sweet potatoes, peeled
- 1 Tbsp. butter
- ¼ c. milk
- 3/8 c. brown sugar
- 1 tsp. cinnamon

#### **Instructions:**

1. Boil water.
2. Peel potatoes and cut into small cubes
3. Put in boiling water. Let cook until potatoes are soft.
4. Remove potatoes, place in bowl.
5. Mash potatoes with potato masher or mixer.
6. Add butter and milk; stir.
7. Add brown sugar and cinnamon, stir.
8. Dish onto bowl or plate.
9. Sprinkle cinnamon lightly over top.

### **Ice Cream Pumpkin Pie**

#### **Ingredients:**

- 1 pkg. (9 oz.) prepared graham cracker pie crust
- 1 pint light vanilla ice cream softened
- 1 can (16 oz.) pumpkin
- 1 c. light whipped cream
- ¾ c. sugar
- 2 tsp. pumpkin pie spice
- ½ tsp. salt

#### **Instructions:**

1. Fill pie crust with ice cream; freeze until solid.
2. In medium bowl, combine pumpkin, whipped cream, sugar, pumpkin pie spice and salt.
3. Spoon mixture over frozen layer of ice cream in crust; freeze until solid.
4. To serve, remove pie from freezer and place in refrigerator one hour before serving. Slice and serve with additional whipped cream, if desired.

Cooking tip: Frozen non-fat yogurt and fat-free whipped topping may be used in place of ice cream and whipped cream.

### **Cranberry Fruit Dressing**

3 c. herb-seasoned stuffing mix  
 2 c. mixed dried fruit, chopped  
 1 c. celery, chopped  
 2/3 c. onion, chopped  
 1 c. whole cranberry sauce  
 1/2 tsp. ground sage  
 1/2 tsp. thyme  
 1 1/2 c. turkey broth or reduced-sodium chicken bouillon  
 Vegetable cooking spray

1. In medium-size bowl combine stuffing mix, dried fruit, celery, onion, cranberry sauce, sage, thyme and turkey broth.
2. Coat a 2-quart oven-proof dish with non-stick vegetable cooking spray. Spoon dressing in dish and bake uncovered at 325 degrees F., 40 to 45 minutes.

Servings: 8; Calories: 260

### **Cinnamon-Nut Baked Apples with Maple Glaze**

MAKES 8 SERVINGS

1/4 c. packed light brown sugar  
 1 Tbsp. chopped walnuts  
 1/2 tsp. cinnamon  
 4 large baking apples (we like Rome)  
 1 Tbsp. reduced-calorie margarine  
 2 Tbsp. maple syrup

Preheat the oven to 375°F; place 1/4 cup water in an 8-inch-square baking dish. In a small bowl, mix the brown sugar, walnuts, and cinnamon. Core and peel the apples, but do not cut through the bottoms. Place the apples in the baking dish and fill each with the

brown-sugar mixture; dot with the margarine, then drizzle with the syrup. Bake, basting the apples with the pan juices, about 40 minutes. With a slotted spoon, transfer to dessert plates; cut in half. Garnish with cinnamon sticks.

### **Green Chili Turkey Enchiladas**

#### **Ingredients:**

- 3 c. skim milk
- 4 1/2 Tbsp. flour
- 3/4 tsp. dry mustard
- 1/2 tsp. salt
- 1/4 tsp. pepper
- 1 c. shredded reduced-fat Monterey Jack cheese
- 2 cans (4 oz. each) chopped green chilies
- 2 c. shredded cooked turkey
- 10 Flour (8-inch) tortillas
- Vegetable cooking spray

#### **Instructions:**

1. In medium saucepan, over medium heat, combine milk, flour, mustard, salt and pepper and cook 5 to 6 minutes or until sauce is thickened.
2. Stir in cheese and cook until melted. Remove 1 cup cheese sauce and reserve.
3. Add 1 can chilies to remaining sauce.
4. In medium bowl combine turkey, remaining can of chilies and reserved cheese sauce.
5. On each tortilla spread 1/4 cup turkey mixture and roll up.
6. Place tortilla seam-side-down in (9-X 13-inch) baking dish, sprayed with vegetable cooking spray. Repeat with remaining tortillas.
7. Pour remaining sauce over top of tortillas.
8. Bake at 350 degrees F. 20 minutes or until hot and slightly bubbly.

The use of trade names in this publication is solely for the purpose of providing specific information. It is not a guarantee, warranty, or endorsement of the product names and does not signify that they are approved to the exclusion of others.

Sincerely,

Linda K. Bowman, R.D., L.D.  
Extension Agent IV  
Family & Consumer Sciences  
Santa Rosa County

LKB:etc